

Class Pricing

Introductory Offers - New Client

- 1 month unlimited** **\$200**
Take unlimited Pilates Principles classes, we have over 20 per month!
- 10 classes** **\$300**
Begin with Pilates Principles classes.
- 3 Private Sessions** **\$240**

Check-Off Process

We have a check-off process that moves you from one level to the next to ensure your safety and understanding of basic exercises, such as:

- pelvic clocks
- bridging
- assisted roll-up
- feet in straps
- long stretch

We recommend that each client take at least 5 Pilates Principles classes before beginning the check-off process. Let your trainer know before class if you'd like to begin.

Memberships

Unlimited Classes **\$230 / month**

- 20 classes \$11.50 per class
- 12 classes \$19.00 per class
- 9 classes \$25.50 per class

Benefits:

- Schedule months in advance
- Come to as many classes as you can
- 10% off products and services
- Suspend 2 weeks or more at any time

Limited Classes **\$160 / month**

- 6 classes \$26.50 per class

Benefits:

- Schedule months in advance
- Suspend 2 weeks or more at any time
- Additional classes will be charged at the same \$26 rate

Packages

- Single Class** **\$35**
- 20 Classes** **\$600**
No Expiration

Pilates MN Physical Therapists and trainers educate our clients to workout smarter, restore function, and meet their goals for lifelong activity.

Private Pricing

**Introductory Offers -
New Client**

3 Private Sessions \$240

**Private Sessions -
Pilates Trainers**

1 Session \$90
10 Sessions \$800

**Private Sessions -
PTA / Exercise Physiologist**

1 Session \$95
10 Sessions \$850

**Private Sessions -
Physical Therapist**

Assessment \$175
1 Session \$125
5 Sessions \$575
10 Sessions \$1050

Physical Therapy for Patients

Physical Therapy Package* \$950

Packages include an assessment with our physical therapist, 6 sessions with our PTAs, and a reassessment or discharge with our physical therapist

*We are not medicare certified. We cannot see 65 years of age and older as a patient. You can see our PTs and PTAs as a pilates trainer.